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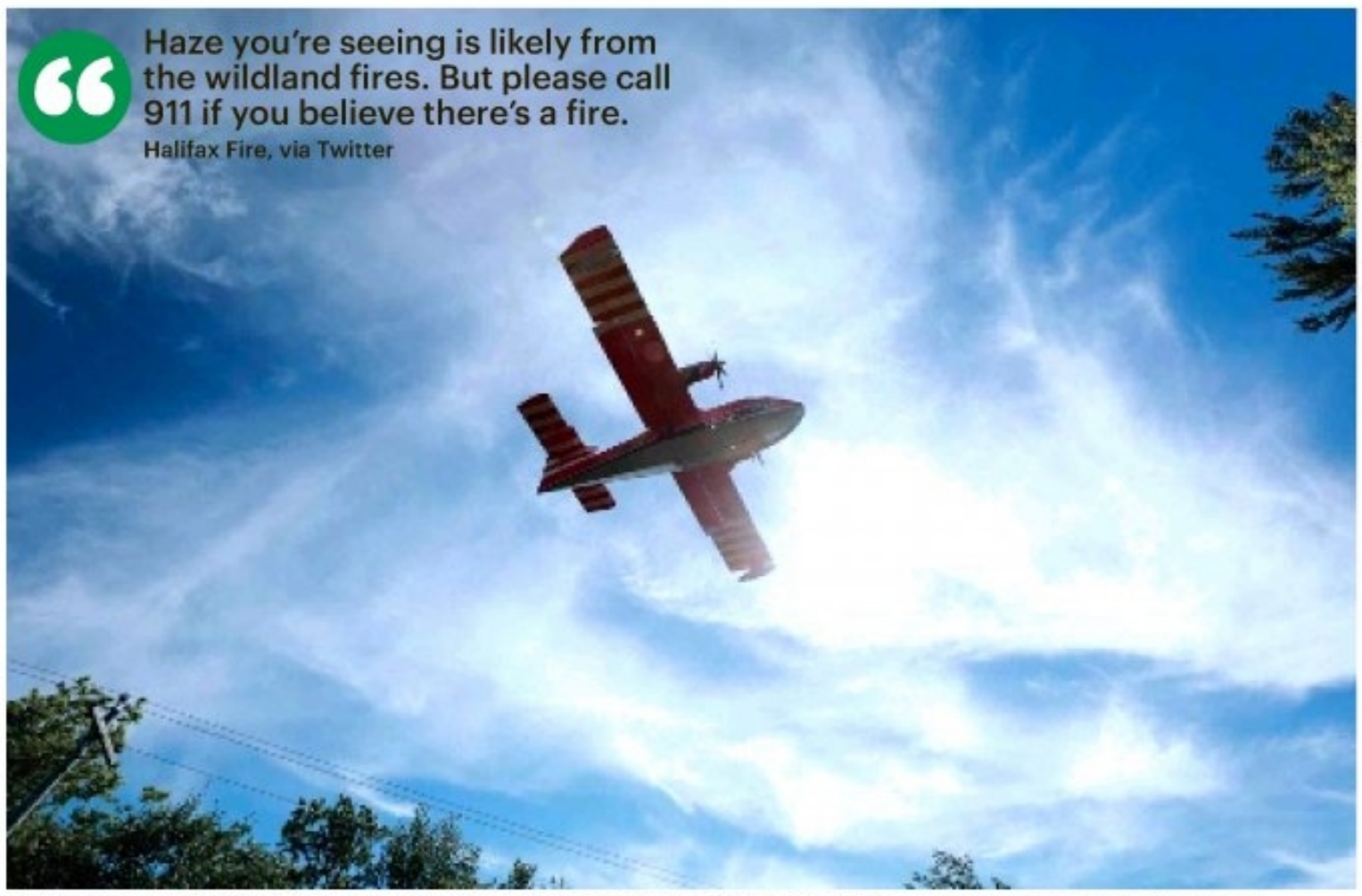
CANADIAN MEDAL COUNTER 0 1 5

LATE NEWS: PENNY OLEKSIAK HELPED CANADA TAKE ANOTHER SWIMMING MEDAL. The team won bronze in the 4x200m freestyle.



Your essential daily news | THURSDAY, AUGUST 11, 2016 High 28°C/Low 18°C Risk of thunderstorms

Nova Scotia wildfires growing



A water bomber fights a fire in Ten Mile Lake in Queens County on Wednesday. COURTESY COMMUNICATIONS NOVA SCOTIA

SAFETY

Smoke drifts across Halifax, city fire service urges discretion



Haley Ryan
Metro | Halifax

As wildfires across Nova Scotia continue to grow, residents in Halifax noticed haze and the smell of smoke Wednesday morning.

Around 11:30 a.m., Halifax Fire said via Twitter "Smoke you're smelling and haze you're seeing is likely from the wildland fires. But please call 911 if you believe there's a fire."

In another release from the fire service, residents are urged to "use discretion" when calling 911 about suspected fires.

Residents have been using social media to ask if there is a fire in their area, the release said, while what they're likely seeing and smelling "is residue from the fires in southwestern Nova Scotia."

People should only call 911 in an emergency, or if they see clear evidence of a fire, the release said.

In an update Wednesday morning, the Department of Natural Resources said "extreme fire activity" is expected today due to the lack of rainfall, and winds gusting to 40 kilometres per hour out of the southwest.

The largest wildfire at Seven Mile Lake in Annapolis County is 15 per cent contained, the release said, but has grown to 350 hectares. Crews will be focused Wednesday on building guards and reinforcing lines.

Six other fires are still burning in rural areas across the province, with three contained and three not totally contained.

Environment Canada issued an air quality warning for Queens, Lunenburg, Annapolis and Kings counties on Tuesday but not in the Halifax area.

As of noon Tuesday, a travel ban has been placed on hiking, camping and off-road vehicle use in all wooded areas in N.S., besides front-country camping in provincial and private campgrounds.

A municipal fire ban is still in place, meaning no open air burning is allowed in HRM whatsoever, although natural gas or propane fire pits are allowed.



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metro NEWS

Your essential daily news

SpaceX is developing a "ride sharing" program, to provide ways to launch small satellites

Starstruck: Light show of a lifetime

If you enjoy a good light show, heads up that the annual Perseid meteor shower set to peak Thursday night into Friday morning could be a feast for the eyes. The Perseids are a result of the earth passing through the debris field of a comet called Swift-Tuttle, Stephen Payne explained Wednesday in an interview. Payne is the director of the Halifax Planetarium at Dalhousie University and a senior physics instructor at the university. Here are some tips for making the most of the Perseid meteor shower show.

YVETTE D'ENTREMONT/METRO

Spectacular show possible this year

This year's celestial peak event could offer twice as many meteors per hour, with numbers being described as "significantly higher" than in recent years. Typically 80 meteors per hour can be expected. This year, that number could be close to 200.

Possible challenges for Halifax area residents

The local forecast is calling for possible fog patches and cloudy periods. In addition, the moon is also around to complicate things a bit this year. "The moon will be about 30 per cent illuminated ... it doesn't set until around 1 a.m. on Friday morning," Payne said. "It will inhibit viewing around 11 p.m. but once that moon sets, and provided there's no clouds and you have a very dark sky area, then indeed you'll see a lot of activity."

How to maximize your eyes for the show

"You basically don't want any city lights. That's the rule. And no cell phones, no car lights ... Dark adaption takes 10 to 15 minutes, and if you're going to observe the Perseids you really need to have your eyes relaxed and dark adapted," Payne advised. If you need a light, put a few layers of cellophane over your flashlight. Red lights also help keep your eyes adapted to the darkness.

Where to look in the sky

Look to the northeast. "The shower appears to come from the constellation Perseus which is why it is called the Perseids, sons of Perseus," Payne said. Perseus will be in the northeast at about midnight and located roughly 25 degrees up from the horizon. Payne said anyone with a clear view of the northeast should see something.

What's the best date and time to watch it?

The active period for the Perseid meteor shower is typically July 17 to August 24. It usually peaks between Aug. 9 and 14. Peak activity this year occurs this Thursday night into Friday before dawn.

Equipment needed

Don't bring your binoculars or telescopes. This show is best viewed with the naked eye. "Sit and recline, relax. Be patient. They will shoot across the sky. They're coming. As long as the weather cooperates and you're somewhere where it's dark enough," Payne said.

Where to go

Light pollution is a fact of life in much of Halifax Regional Municipality, so Payne advises ideally finding more rural places more removed from city lights.



ENTERTAINMENT

Atlantic Film Festival launches worldly list of selections



Yvette d'Entremont
Metro | Halifax

If you want to make a trip around the world without leaving Halifax, Jason Beaudry said taking in this year's Atlantic Film Festival is the way to do it.

The 36th Atlantic Film Festival runs from Sept. 15 through 22. Beaudry, the festival's program director, helped announce the event's galas and its Atlantic Canadian program of film selections Wednesday afternoon.

The full program of films and events will be announced Aug. 24.

"We will have films, stories from all four corners of the world. Stories untold and worlds unexplored are really the highlights of this year's festival," Beaudry said in an interview after the launch event.

"It may sound cliché, but it's true that in a way the most effective way to take a stay-cation and visit all four corners of the globe is to go to the Atlantic Film Festival this year."

There are more than 100 films featured in this year's line-up of Atlantic Canadian productions. Beaudry said they include films from well-established filmmakers and from newcomers.

One of those newcomers is Koumbie, who has two films in this year's festival. The 22-year-old known for her acting chops recently tried the other side of the camera.

"I was here as an actor last year and I told myself I would be here this year as a filmmaker but I never expected to have two films and I definitely never expected to have a feature," Koumbie said in an interview.

"With everything that has happened in the film industry this year, it's good to know there are many of us still here and still working, so please support us and come out and see as many films as you possibly can."

DETAILS

For a complete list of the Atlantic Canadian festival program with key film selections, filmmakers and a schedule of all the major screenings, visit atlanticfilm.com/media.

Ride on the Harbour Hopper

The amphibious vehicle provides a fun way to experience Halifax for tourists or locals alike

Trip 4: The Harbour Hopper tour of the city



Jeff Harper
Metro | Halifax

When you welcome guests to the Halifax area this summer, they might be surprised to find out you can take them on a former military vessel for a tour of the city — both on land and in the water. The Harbour Hopper, one of the city's most popular tours, has been doing just that for years.

One of the best ways to see the city, and also get some fun history facts along the way, the Hopper takes you up to the top of Citadel Hill and then down, with a splash into the Halifax Harbour, all in one vehicle.

You get to drive past most of the main tourist spots in the city: the Town Clock, Spring Garden Road, the Public Gardens, Province House. The amphibious tour bus then turns a corner and heads down a ramp, right into the Atlantic Ocean.

The water portion of the tour gives you a unique view of the city, including the naval dockyard and traffic of all shapes and sizes in the working harbour. The Harbour Hopper tour lasts about an hour.

See MetroNews.ca for more pictures.

Have another idea of a spot we can visit in Halifax Regional Municipality as part of our Be a Tourist in Your Own City feature? If so, email jeff.harper@metronews.ca.









1 You feel very close to the water on the tour because the Hopper is a former military amphibious vessel.

2 You get to see a lot of Halifax Harbour, including the naval dockyard.

3 The view from the top of the Halifax Citadel National Historic Site.

4 The Purdy's Wharf towers are silhouetted in the late afternoon.

ALL PHOTOS JEFF HARPER/METRO

CFB STADACONA

Sailor faces drug charges



Zane Woodford
Metro | Halifax

A Halifax sailor is facing drug and weapons charges after military police allegedly found drugs "in plain sight" in his vehicle.

Leading Seaman Marshall Smith of HMCS Athabaskan was charged Aug. 5 with possession of a controlled substance for the purpose of trafficking, and unsafe storage of a firearm.

Canadian Forces National Investigation Service spokesperson Lt. Blake Patterson said that on May 5 military police conducting a routine checkpoint at CFB Stadacona, stopped Smith to check his identification and found 17 grams of suspected cocaine, and one gram of suspected methamphetamine.

Smith was arrested, and the next day, military police searched his home, and allegedly found an improperly stored shotgun.

COURT

Taxi driver's sexual assault case put over

The case of a Halifax taxi driver charged with sexually assaulting a passenger has been set over to later this month. Seyed Mirsaeid-Ghazi, 45, was arrested in April in relation to an alleged incident on Oct. 23, 2015. Halifax Regional Police have said a man driving a taxi in the Windsor and Allen streets area picked up a 21-year-old female passenger and touched her in a sexual manner without her consent.

HALEY RYAN/METRO



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This is female powerlifting

EDMONTON

Weightlifters aim to change social media's focus on looks



Alex Boyd
Metro | Edmonton

"This is the unsexiest sport."

As sports go, power lifting isn't the most attractive, said competitive lifter Beans Ludlow.

"We literally dress in a potato sack and, like, have our gut pressed against our belt with a tomato puffer fish face," she said.

Which is why Ludlow and group of female lifters in Edmonton are increasingly bewildered — not to mention frustrated — by what they say is social media's growing fixation with the looks of women who lift big weight.

So Ludlow, along with her training partners Angelina Van Ryswyk, Gaïa Willis and Darron Bunt, have created an online community that celebrates the sport they love, the way they see it.



Darron Bunt, Gaïa Willis, Beans Ludlow and Angelina Van Ryswyk are competitive powerlifters who are fed up with those who focus on the appearance of female athletes. KEVIN TUONG/METRO

Since launching in May, This is Female Powerlifting has gained almost 3,000 followers on Instagram, and their new website launches soon.

Powerlifting clearly isn't for the faint of heart — or back, arms, or anything really. It's a strength sport where competitors do three lifts: squats, bench press, and deadlifts.

Collectively, the group has competed provincially, nationally and internationally, and all say they fell in love with the sport because it celebrates strength — something they've tried to reflect in the new project.

"It's the successes, it's the failures, it's celebrating everything about the sport and things women are doing," Bunt said.

Noticeably absent are hashtags like #bootygains and #peachgang that have become popular among some in the lifting community. Instead, they've swapped in a few invented hashtags of their own, like #liftugly and #wedontoweyoupretty.

This isn't a quibble about whether or not lifters are attractive though — it's that attractiveness is beside the point.

> **I don't care what you look like. I just want to see you lift.**
> Darron Bunt

Bunt points out that the Olympics have made it clear that female athletes are still judged differently than their male peers — with recent stories highlighting females Olympians looks, husbands or clothing.

"I think we're getting better at having it be acceptable for women to be strong, but where we're still tripping is on the physical aesthetic," Van Ryswyk added. "Not only do you have to be strong and fit, but you need abs, shoulder caps and to look nice in a bikini."

All are quick to point out that they're proud of the bodies they've built, and they celebrate any athlete who wants to show off, with booty shots or otherwise. They just don't want looks to be the main attraction, or newcomers to the sport to feel like they've got to glam up to fit in.

POLICE

Terror suspect killed in Ontario

A terrorism suspect was killed in a confrontation with police in the southern Ontario town of Strathroy.

The Mounties say they received credible information of a potential terrorist threat earlier in the day.

They say a suspect was identified and the "proper course of action has been taken" to ensure that there was no danger to the public.

Public Safety Minister Ralph Goodale said he had spoken to Prime Minister Justin Trudeau about the events "to confirm that public safety has been and continues to be properly protected."

The RCMP, the Canadian Security Intelligence Service and other police and security agencies were involved in the operations, he added.

Taking all relevant information into account, the national terrorism threat level for Canada remains at "medium" where it has stood since the fall of 2014, Goodale added.

In Strathroy, resident Irene Lee said late Wednesday that police had been camped out near her parents' convenience store since about 4:15 p.m.

At about that time, she said she was at her home close by when she heard a loud noise. She said shortly afterward, a police officer came by to tell residents to stay inside their homes.

Lee said there were up to 25 marked and unmarked cruisers outside a home on Park Street, which is right behind her parents' store. THE CANADIAN PRESS



Batman with a Metro News logo, drawn by Riley Rossmo.

From comic clerk to drawing the Dark Knight



Aaron Chatha
Metro | Calgary

Riley Rossmo chases the dissatisfaction in his work.

The Calgary artist went from working behind the counter at Another Dimension Comics almost a decade ago to drawing his first two issues of Batman, out this fall.

It's a dream for anyone caught doodling behind the counter, but Rossmo is far from satisfied.

Let's pull back the pages a bit to the first day Rossmo seemingly hit the big time: a publisher had agreed to put out his first book, and they sent a box of the comics to him.

"I took one out, I touched it — and all I could see was mistakes," he recalled.

Now he wakes up and draws Batman. And every time he's satisfied with a layout, he wants to work harder on his marks — or if the marks are up to par, it's his brush stroke.

And if a page actually looks perfect at the end of the day? He's already moving on to the great ideas he has for tomorrow.

It's this special commitment that lead the artist from Proof, Cowboy Ninja Viking and DC's own Hellblazer to champion the look and feel of the Dark Knight.

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Man scales Trump Tower with suction cups



A man scales the all-glass face of the 58-storey Trump Tower in New York, Wednesday. THE ASSOCIATED PRESS

NEW YORK

Climber played cat-and-mouse with officers

A man spent more than 2 1/2 hours scaling the glass facade of Trump Tower on Wednesday using large suction cups, climbing as high as the 21st floor before police officers grabbed him and hauled him to safety through an open window.

The climber had a backpack and used a harness and rope stirrups to fasten himself to the side of the 58-storey Manhattan skyscraper.

Police officers smashed windows and broke through a ventilation duct in an attempt to block his progress. Officers also lowered themselves toward him using a window washer's platform.

For a long time, the climber played a slow-motion cat-and-mouse game with his would-be rescuers, keeping his distance by methodically working his way back and forth across the facade and angled corners of the building.

Police had deployed large, inflated crash pads at the scene.

The tower is headquarters to Donald Trump's Republican presidential campaign and his business empire. Trump also lives there, though he was in Virginia in the afternoon and was headed to Florida for an evening event.

"This man performed a ridiculous and dangerous stunt," Michael Cohen, an executive at the Trump Organization, said in an emailed statement. "I'm 100 per cent certain the NYPD had better things to do."

Terraces and other parts of the building are open to the public during the day. A Trump campaign spokeswoman didn't respond to a request for comment. THE ASSOCIATED PRESS

BAGHDAD, IRAQ

Newborns die as fire fills maternity ward

A fire ripped through a maternity ward at a Baghdad hospital overnight, killing 12 newborn babies, government officials said Wednesday, a deadly blaze that was likely caused by faulty electrical wiring.

By morning, grief-stricken fathers searched for their missing newborns in vain while angry relatives gathered outside the Yarmouk hospital in western Baghdad blamed the government for the tragedy. Some of the babies who perished were prematurely born, a doctor at the hospital said.

The hospital director, Saad Hatem Ahmed, said the blaze broke out late on Tuesday night and that the initial investigation indicated it was an electrical fire.

Outside, crying relatives claimed some of the babies were still missing and demanded an answer from authorities.

Shaima Hassan stood dazed and trembling in shock after losing her two-day-old son. The 36-year old had spent more than a year visiting hospitals in and outside Iraq trying to conceive.

"I waited for ages to have this baby and when I finally had him, it took only a second to lose him," she said.

THE ASSOCIATED PRESS



A rare mosaic floor dating to the 4th century in Akaki village, Cyprus, on Wednesday. THE ASSOCIATED PRESS

CYPRUS

Rare mosaic of chariot race found

A mosaic floor dating to the 4th century and depicting scenes from a chariot race in the hippodrome has been uncovered, the only one of its kind in Cyprus and one of only a handful in the world, a Cypriot archaeologist said Wednesday.

Cyprus Antiquities Department archaeologist Fryni Hadjichristofi told the Associated Press that out of the many hundreds of ancient mosaic floors discovered around the world, only around seven depict similar chariot races at the hippodrome. What distinguishes this mosaic is its ornate detail and the fact that it depicts complete scenes from race in which four chariots, each with a team of four horses, are competing.

"The hippodrome was very important in ancient Roman times, it was the place where the emperor appeared to his people and projected his power," said Hadjichristofi.

The mosaic is 11 metres long and four meters wide but hasn't been fully uncovered yet. THE ASSOCIATED PRESS

By-election
Halifax Needham

Notice of Grant of Poll

By-election: **August 30, 2016**

The returning officer for the electoral district of **Halifax Needham** has granted a poll for the election now pending. The names of candidates officially nominated are posted at the headquarters of the returning officer and listed below.

Halifax Needham
Andy ARSENAULT, Progressive Conservative
Lisa ROBERTS, NDP
Thomas TRAPPENBERG, Green Party
Rod WILSON, Liberal

A **Voter Information Card** will be mailed to every person whose name is on the list of electors. The card provides information on when and where to vote.

For information

The **returning office for Halifax Needham** is located at
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ELECTIONS NOVA SCOTIA

metro VIEWS
Your essential daily news
Thursday, August 11, 2016

CHANTAL HÉBERT ON VOTING REFORM



Surely on a matter that affects the way Canada's electoral life is governed, voters should be able to expect that MPs be allowed to weigh in on an equal basis, regardless of partisan affiliation.

Among Justin Trudeau's commitments, few are as time-sensitive as his promise to have a new voting system in place for the 2019 federal election.

And so, as the weeks eventually turned into more than half a year without any action from the incoming government, questions arose as to how committed the Liberals were to a promise they had made when they were twice removed from power.

Elections Canada needs about two years to have a new voting system up and running for the 2019 campaign. Presuming that the Liberals' promised electoral reform in good faith, only the search for a way to invest as much legitimacy as possible in the process could justify the delay.

Instead, on Thursday, the mountain gave birth to a mouse in the shape of a parliamentary committee that is special only in name. Its make-up replicates the very distortions that the Liberals claim to want to redress through electoral reform.

Like every other committee on Parliament Hill, it will feature a Liberal majority made up, in this case, of six government MPs with three Conservatives and one New Democrat rounding up the lot. The Bloc Québécois and the Green Party have been each assigned a seat, albeit at the equivalent of the children's table. Their respective representative will have no voting rights.

The latter is generous only by the standard of the parliamentary rule that denies official status and de facto committee spots to parties that fail to elect at least 12 MPs. But in the larger picture, the condescending Liberal approach to the place of the smaller parties in the debate amounts to treating the 1.5 million Canadians who supported the Bloc and the Green Party last fall as second-tier voters.

Surely on a matter that affects the way Canada's electoral life is governed, voters should be able to expect that MPs be allowed to weigh in on an equal basis, regardless of partisan affiliation.

As if Liberal control of the committee was not enough, there is no commitment on the part of the government that it would use its majority to introduce a new voting system unilaterally and no pledge to submit the result to a plebiscite before implementing it.

If only based on the calendar, there is no time to both bring a new voting system to a referendum and put it in place for the next federal election. A committee set up on the eve of the dead political season that is the Canadian summer will already have to take more than a few shortcuts if it is going to a) consult widely and b) come up with a recommendation in time for a Dec. 1 deadline.

Mind you, based on the recent experience of the MPs and senators who toiled diligently on the medically assisted death file only to see the thrust of their report ignored by the government, this committee could amount to little more than a make-work project designed to allow the Liberals to check an item off their bucket list.

There has for a long time been an implicit convention that in matters that pertain to the elections law, governments should strive to secure a consensus that extends beyond their own ranks.

Yes, the Conservatives broke that convention when they last overhauled the election law. But the Liberals promised to do better. Their actions on the electoral reform front so far fall short of that commitment.

Where legitimacy should have been striven for, opposition suspicions that the Liberals want to use this process to either give their party a permanent electoral edge or more simply to sabotage it have instead been reinforced.

It is an open secret that more than a few Liberals would not be unhappy to see the entire electoral plan founder — as long as they could blame someone else for it.

Looking at how Trudeau has stacked the electoral reform deck, a cynic could conclude that his bid to move to a different voting system is programmed to fail if not in the Liberal-controlled House of Commons, then in a Senate conveniently once-removed from the government.

Chantal Hébert is a national affairs writer. Her column appears in Metro every Thursday.

Forget the hijab and just watch the women play



Deena Douara
For Metro

The image is a Rorschach test. You know, that tool psychologists use to determine you feel abandoned by your father.

Objectively, the photo shows two young female athletes leaping for the same volleyball after working very hard to earn a spot at the Rio Games. One of them is wearing a bikini, the other full sleeves, pants and hijab.

Beyond those 38 words, the next 962 are yours to fill in. Does the image represent a clash of civilizations or backwardness of religion? Or does it show unity at the Olympics? The beauty of diversity? The power of sport?

It's no surprise, perhaps, that what should be a conversation around athleticism, skill and competition instead has become a conversation about what Muslim women wear, after changes before the 2012 Olympics gave women more flexibility on what they could wear in beach volleyball. Allowing the hijab was a last-minute "concession" this year, according to the BBC.

Considering their outfits pose no harm to themselves or opponents, there is no value to having the what-Muslim-women-wear conversation. You're worried they're hot or that they're putting themselves at a disadvantage? Stop worrying. They've got this. They didn't qualify because of a quota — they earned their spot. You don't like how it looks? Great, don't buy the outfit. They're oppressed? They've made a choice for themselves, are confident enough to not conform to Olympic expectations, excelled at an uncommon sport, and have put themselves before the eyes of millions of judges. I don't know either of the players, but my guess is that they own their story and their decisions, just like the rest of the veiled Egyptian women whom I know.

Nineteen-year-old Doaa Elghobashy told the Associated Press that she has worn the hijab for 10 years. "It doesn't keep me away from the things I love to do," she said. She and teammate Nada Meawad (not veiled but similarly attired), are the first beach volleyball team from Egypt at the Olympics.

Apparently, Elghobashy placed a higher priority on personal values and beliefs than on some unknown and unquantifiable potential competitive benefit. People I know have called that stupid. I call it admirable. But I also call it irrelevant.

The Egyptian team faces Canada today. What I'll be watching, if I watch, is two teams that have worked hard, put in long hours, overcome doubt, and made personal sacrifices leap towards a ball above a net. Which is really the only thing that's truly knowable about this image.

Deena Douara is a writer living in Toronto

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metro LIFE

Your essential daily news

Thursday, August 11, 2016



Jose Bautista's collab with Canada Goose goes on sale tonight on Harryrosen.com. The jacket is "somewhat hip but a little bit classy. Sleeker than a puffy."

5 THINGS TO KNOW ABOUT CUPPING



THE ASSOCIATED PRESS

Why do some Olympians look like they just fought off an octopus? Their round, hickey-like marks are from cupping, an alternative therapy that involves putting suction cups on the skin. It's said to treat everything from pain to chickenpox to cancer.

How it works depends on whom you ask: freeing blocked energy; activating natural healing mechanisms; even "drawing out excess fluids and toxins." Here's what you need to know about this trendy (and dubious) procedure.

Cupping is very, very old

Cupping is part of traditional Chinese medicine as well as Middle Eastern healing practices that date back thousands of years. Ancient Greek physician Herodotus was a fan circa 400 BCE, as was the Prophet Muhammad in the sixth century.

There are two main types

"Dry cupping" involves sticking a flame inside of a cup to create a vacuum, then applying it to the body to suck the skin inside. Sometimes a suction pump is used instead. "Wet cupping" combines this with bloodletting by puncturing the skin first.

It has some famous fans

Alternative-health aficionado Gwenyth Paltrow has been cupping since before it was cool. She was photographed in 2004 with the telltale welts on her back. Other devotees include Lena Dunham, Justin Bieber, Jennifer Aniston and Olympic athlete Michael Phelps (shown), who sported cupping marks in the pool earlier this week in Rio.

It can go really wrong

Usually, the only side effect is bruising. Wet cupping, because it requires cutting, has an infection risk. Dry cupping is playing with fire: It involves wielding open flame near bare skin. One case of necrosis (tissue death) and sepsis (blood poisoning) from cupping done repeatedly to the same spot has been reported in Australia.

There's almost no proof it works

Studies of cupping have been small, poorly designed and highly susceptible to bias. There's some indication the practice may help relieve pain, though it's not clear if the benefit is anything other than psychological.

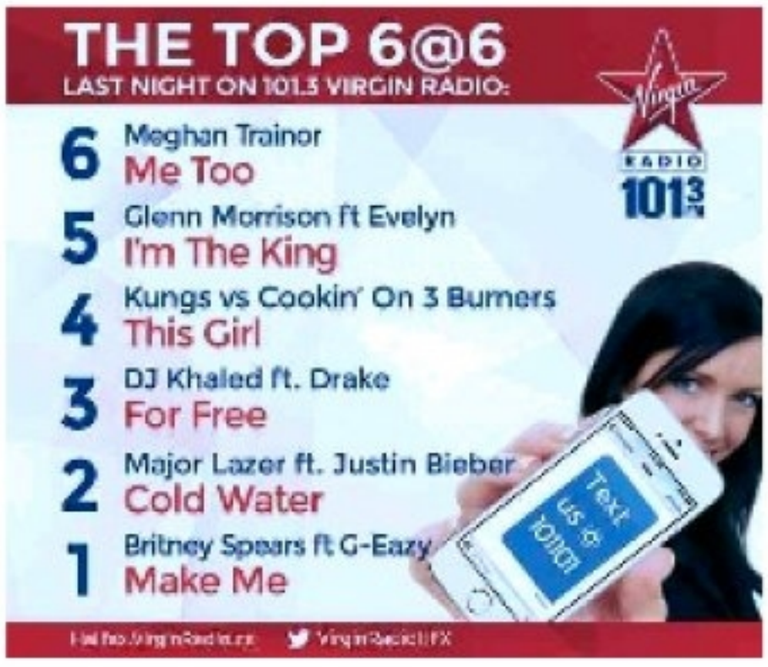
GENNA BUCK/METRO

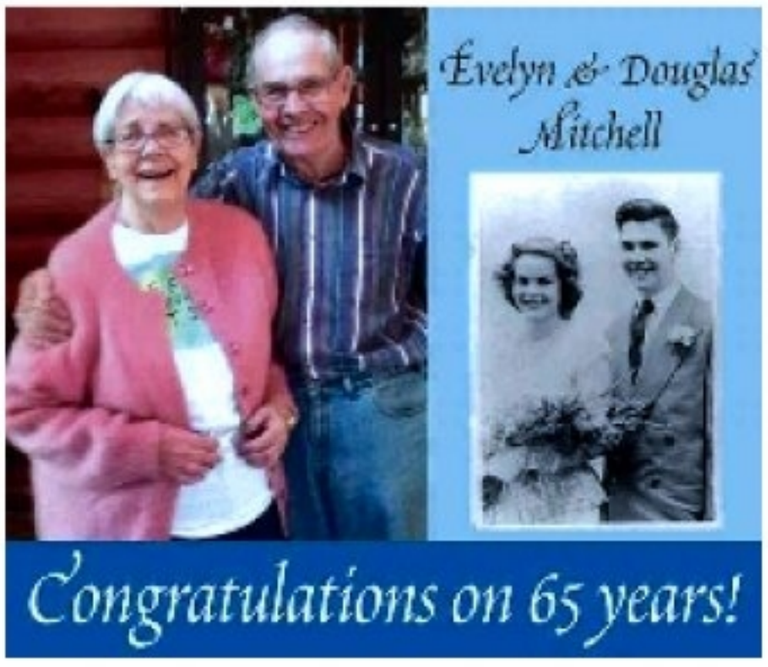
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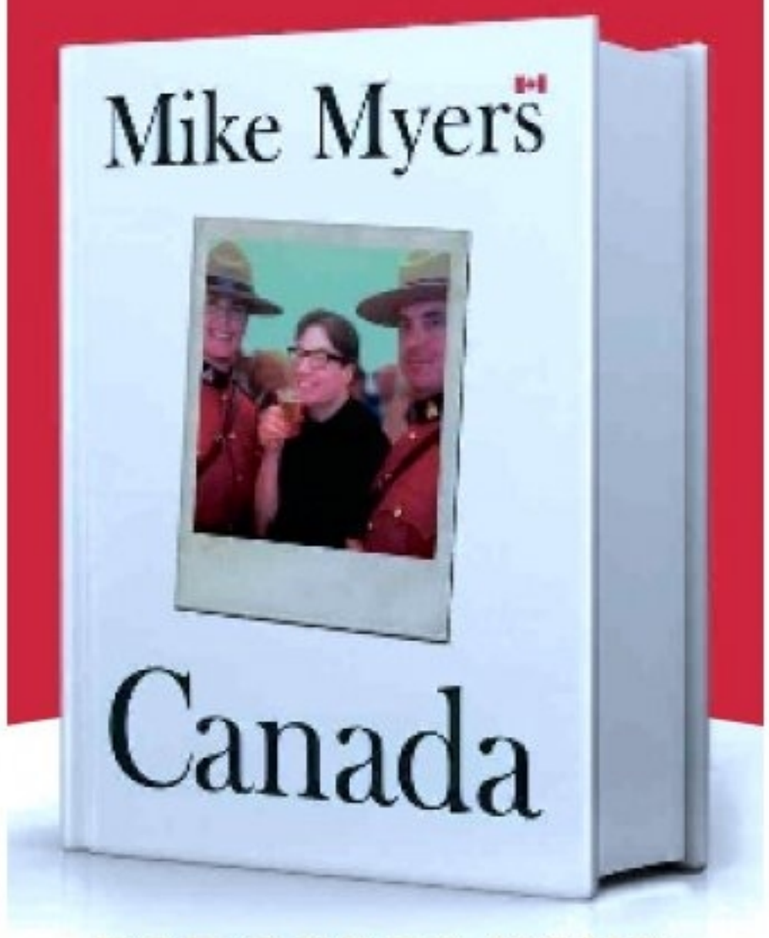
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Renaissance man mixes science with art in novel

JAY HOSKING

Writer's background helped pen tale of time, memory

Sue Carter
For Metro Canada

Jay Hosking knows a lot about rats. He understands their motivations and behaviour, and what makes their tiny brains tick.

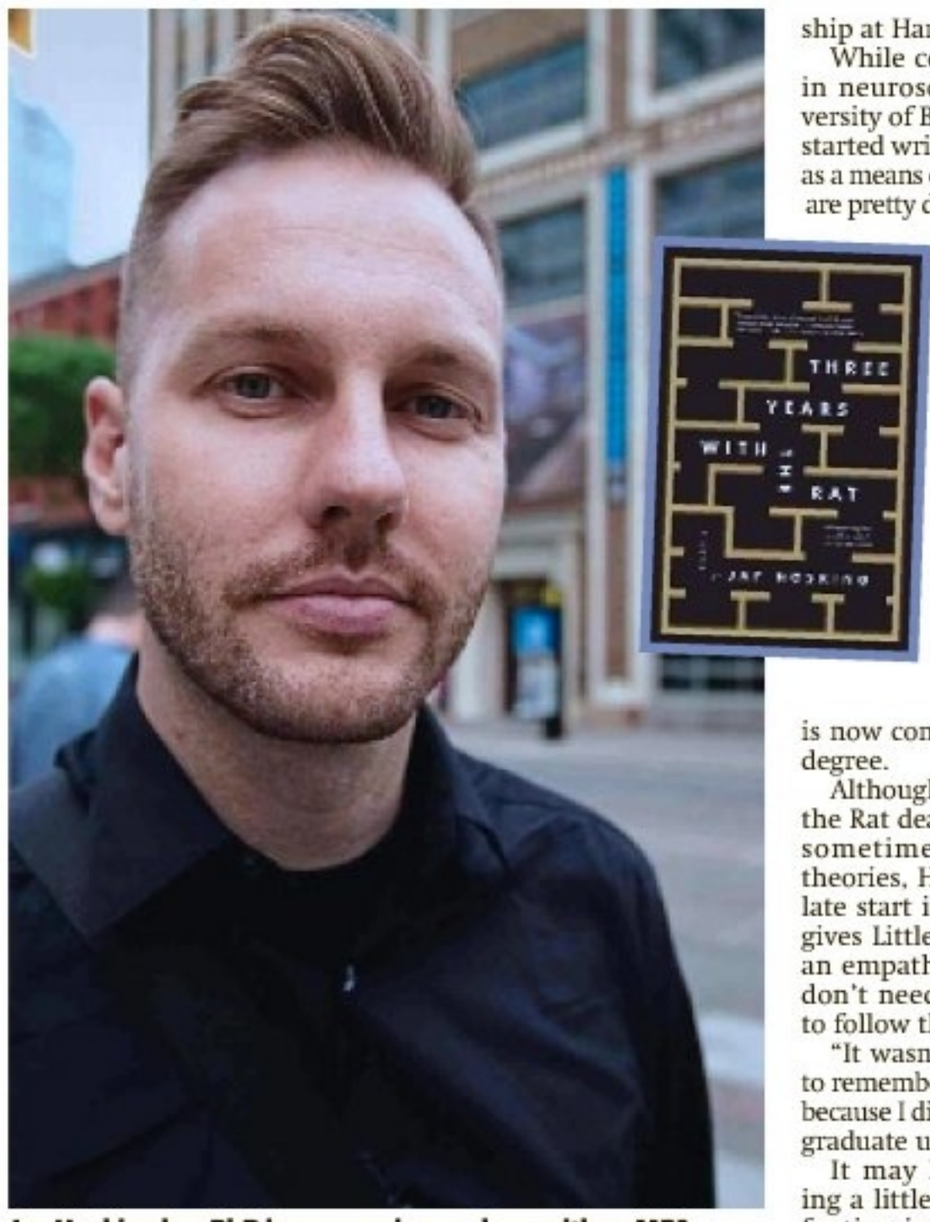
As a neuroscience graduate student at the University of British Columbia, Hosking worked with rodents in a research lab, studying their decision-making skills and teaching them how to gamble. It's not surprising that his debut novel, Three Years with the Rat, wraps together science, psychology, mystery and yes, a rat.

Set in Toronto, Three Years with the Rat follows a young, aimless man only known as "Little Brother" who moves to the city to be closer to his older sister, Grace, a highly intelligent psychophysics graduate student who appears to be losing her grip on reality.

When Grace goes missing, followed by her boyfriend, John, the narrator discovers a large, handmade wooden box in their apartment, along with a lab rat and a note that says "This is the only way back for us."

Their disappearance sets the young man into a spiralling adventure, challenging known theories of time and memory.

While Three Years with the Rat could be easily slotted on the speculative-fiction shelf, the book also deals with relationships, both romantic and familial.



Jay Hosking has PhD in neuroscience along with an MFA creative writing. CONTRIBUTED

Hosking grew up reading classic science fiction, but says he owes more of his writing to the postmodern works of Paul Auster and Haruki Murakami. A self-described arts kid — his grade eight teacher told him, "Whatever you do Jay, don't go into science" — Hosking did his first degree through Fanshawe College's music-production program, working for several years in film and television, before deciding to go back to school for neuroscience at the University of Toronto.

"I was a really late starter in terms of science. I came to that because psychology was something I was really interested in, but I wanted something a little meatier or biologically based," says Hosking, who is now working on his postdoctoral fellowship at Harvard University.

While completing his PhD in neuroscience at the University of British Columbia he started writing fiction, mostly as a means of distraction. "PhDs are pretty demanding," he says. "I thought I might go crazy if I kept my head in the lab all the time." He signed up for a fiction course with author Lee Henderson, jokingly calling himself the class's "resident weirdo." Once he finished his PhD, Hosking enrolled in UBC's creative-writing MFA program, where he is now completing his fourth degree.

Although Three Years with the Rat deals with ambitious, sometimes mind-boggling theories, Hosking's relatively late start in studying science gives Little Brother's journey an empathetic edge; readers don't need a physics degree to follow the story.

"It wasn't that challenging to remember knowing nothing because I didn't start my undergraduate until 25," he says.

It may have taken Hosking a little longer to find his footing in both science and writing, but the timing of his book also couldn't be better, thanks to the popular Netflix show Stranger Things, which has re-ignited an interest in stories about time and other dimensions. "There's an amazing discussion happening philosophically in fiction and art," he says. "It's a deep well to be drawing from."

Sue Carter is the editor at Quill & Quire magazine.

GRAPHIC NOVEL

A charming anthropomorphic animal tale

Wild's End: The Enemy Within
BY: Dan Abnett and I.N.J. Culbard
PUBLISHER: Boom Studios
$19.99, 160 pages

Mike Donachie
Metro | Canada

Unstoppable aliens have invaded the sleepy English countryside, and the army is covering it up.

The population must be told, and a plucky band of eyewitnesses must escape to raise the alarm.

And, by the way, all the "humans" have the heads of animals.

This is Wild's End: The Enemy Within, the frankly weird trade paperback collection that marries War of the Worlds with the Wind in the Willows.

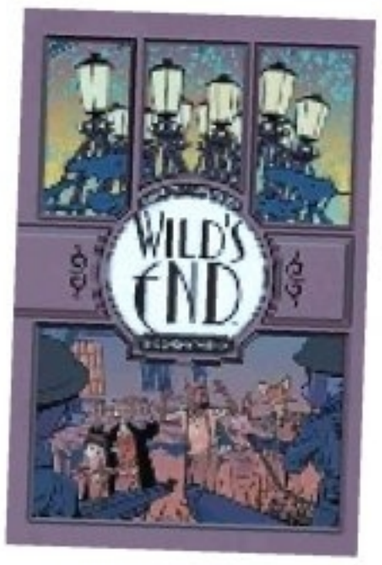
It's the second in a series, but part one, called Wild's End: First Light, is also available.

It's a sinister story, where the fear of the aliens — who live in three-legged machines armed with powerful death rays — is rivalled by fear of the authorities who will stop at nothing to keep the invasion secret.

In charming comic book tradition, all the protagonists are anthropomorphic animals, from traumatized war veteran Clive Slipaway, who's a dog, to anxiety-stricken writer Susan Peardew, who's a dog.

But don't confuse cuteness with tameness.

This is a slow-burn story with no shortage of violent conflict, and a payoff that'll make your hackles rise in fear.





JOHANNA SCHNELLER **WHAT I'M WATCHING**

Show's good pedigree doesn't add up to much

THE SHOW: Feed the Beast, Season 1, Episode 2 (AMC)
THE MOMENT: The tough-talking cop



Jim Sturgess portrays Dion Patras, Elijah Jacob portrays TJ Moran and David Schwimmer portrays Tommy Moran in Feed the Beast, premiering Sunday. FRANK OCKENFELS/AMC VIA AP

A car screeches across the sidewalk in front of cocaine-loving chef Dion (Jim Sturgess). It's Det. Guy Giordano (Michael Rispoli), who wants Dion to gather evidence on the Tooth Fairy (Michael Gladis), a mobster who pulls the teeth of shirkers. Dion owes the Tooth Fairy, big. He gets in the car.

Guy drives. "One thing I hate: waiting," he sneers. "Cable guy. UPS. You."

"I can't just ask the Tooth Fairy to tell me all the bad things he's ever done," Dion says. "It don't work like that. But I have something interesting. The Asians are getting a huge shipment of blow, any day."

Guy hits the brakes. He grabs Dion's crotch. "I don't give a rat's ass about the Asians," he growls. "I want that fat Polack." He clicks his tongue against his front tooth. It's false. Looks like Tooth Fairy took his real one. Guy releases Dion. "Git outta my cah," he snarls.

This series feels like it ought to be good, but it's not. It has the pedigree of something good (cast, production values, network), but doesn't deliver.

Its cops and mobsters are bargain-bin copies of characters from better shows. And its twin leads (David Schwimmer plays Dion's pal, a sommelier) suffer from Antiheroitis, TV's insistence that every hero must be an antihero now. A true antihero is a complex person with ambivalent motivations. Dion is merely a jerk who keeps doin' stupid stuff. He quickly grows tiresome. And poor Sturgess's Bronx accent sounds like curdled cottage cheese.

Johanna Schneller is a media connoisseur who zeroes in on pop-culture moments. She appears Monday through Thursday.





metro HOME
Your essential daily news



'We have no plans to collaborate at this point,' Ikea responds to Kanye's wish to work with them

Five awesome trends for fall 2016

STYLE

Patterns and colour will be huge come September

This fall, decor continues to move in a more easygoing direction, with welcoming hues, softer profiles, and a comfortable mix of materials and styles.

For those with a flair for the dramatic, there's room for that too. Some trends for the upcoming season:



Indigo is an important colour for the fall, as seen in this couch and batik plates by Crate & Barrel. CONTRIBUTED

Warm and welcoming

New York designer Elaine Griffin sees the influence of Millennials in a trend toward "feel-good finds" with a palette of warm colours, laidback furnishings and lots of texture.

Millennials are embracing locally produced crafts as well as goods from far corners of the planet, she says.

"There's retro style and global influence everywhere."

Fall also offers a range of new rugs, from fluffy wools in neutral colours to kilims in deeper tones and stronger patterns.

Amy Matthews, the Minneapolis-based renovation maven who has hosted shows on HGTV, DIY Network and TheDesignNetwork.com, loves using Persian runners in unexpected places.

"There's nothing like (it) in the kitchen," she says. "It brightens up a classic kitchen, and also makes changing out colour schemes a breeze. And in any other room, it will take your decor to the next level by anchoring with 'art' for the floor."

Look for kilims on benches and ottomans, too.

Pattern play

Geometrics, mineral prints, florals and global motifs get fresh interpretations for fall.

For Griffin, "marble motifs are the 'it' pattern of the season." The veined white versions are ubiquitous across bath, kitchen and tabletop goods, but look too for marbleized patterns in dramatic hues on fabric and paper.

Wallpapers are on Matthews' pattern radar.

"Wallpaper's not just for the walls anymore," she says. It can go on ceilings and even furniture.

"It's more dramatic and eye-catching than paint, making a strong statement and setting the tone for a room," she says.

Roman blinds are also back in style, with contemporary pattern collections by designers like Diane Von Furstenberg and Jeffrey Alan Marks.

Mix, match and metals

Beth Kushnick, set decorator for CBS's The Good Wife, puts metallics near the top of her trend list.

"Some are highly reflective and others are more subtle, but they're in gold, silver, copper and rubbed bronze. They really up-scale a look and broaden a colour palette," she says.

The trend appeals to Matthews, too. Her style tip: don't overdo it.

Colour story

"My go-to colour is always blue," says Kushnick. "I'm seeing dark blue and teal in particular now, which work so well for a variety of styles, bridging the gap between masculine and feminine."

Adds Matthews: "Cool greys are giving way to dusty, sky and indigo blues."

Griffin is seeing muted versions of '60s pottery hues — turquoise, coral, citrus and ivory — debuting this fall and carrying into spring 2017.

A range of whites and creams will complement all those metallics, says Kushnick.

"As a set decorator, I usually try to stay away from these colours, since they're difficult to use on camera. But on my new show (CBS's BrainDead) I'm using them almost exclusively. I'm seeing options in every decor style. White's working year-round, and is here to stay."

The paint company Benjamin Moore has named Simply White its colour of the year, and Sherwin-Williams, Glidden and Behr also selected whites as their signature 2016 colours.

Dramatic touches

Matthews is excited about "the rebirth of the chandelier." She sees the statement fixture as one of the most dramatic and playful additions to any room.

"Designs look best when they're eclectic and a bit eccentric," she says, adding, "The more eye-catching, the better. If tile is 'eye candy' for the walls, then pendant lights are the earrings that make the outfit."

For Griffin, the drama's all about a curvier silhouette in furnishings.

"After years of harsh angles, the curve looks fresh for fall," she observes. "Streamlined new versions are evocative of '70s and '80s classics." THE ASSOCIATED PRESS

LIVING ROOMS

Mix 'n' match tables and chairs are the modern way

When choosing the right dining table and chairs, there are no rigid rules. Think about mixing and matching pieces instead of plunking down money for a perfectly matched set, experts say.

"These days, we see people choosing opposite styles for the table and the chairs," said Amy Panos, a Des Moines, Iowa-based deputy editor at Better Homes and Gardens magazine. "It makes the room interesting and gives it personality. Everybody wants a very personalized, 'Oh I threw this together and it represents my style' look.' There are no 'I have tos.' There are only 'I want tos.'"

Think about your style, budget, the size of your dining area, how you like to entertain, and how you're going to use the table and chairs — are they just for eating, or also for homework, kids' projects, work?

Start by measuring the space, whether it's a breakfast nook, kitchen, large dining room or small college dorm.

"You have to have room to pull the chairs in and out, and be able to move around the table," said Panos, who suggested leaving 36 to 48 inches on all sides, away from walls and other furniture.



You don't need a matching set to create a midcentury modern look. THE ASSOCIATED PRESS

"Get something you love, that really speaks to you," she said.

Tables and chairs can range from a $200 wooden dining table and $30 wooden chairs from Ikea, to $250 to $800 tables at chains Cost Plus World Market and Crate & Barrel. Higher-end tables can cost thousands of dollars at boutique stores, antique stores and upscale outlets such as Restoration Hardware. Shipping furniture bought online can also bump up the cost, Panos said.

At Sunbeam Vintage, a Los Angeles store that sells new, on-site handmade, imported and vintage furniture, owner Ebee Martinez, 37, walked between tables and chairs of different shapes and sizes packed deep into the high-ceilinged shop. The store specializes in mid-century modern and midcentury modern-inspired pieces, as well as '70s-style Hollywood glam chrome, gold, copper and brass accented tables and chairs, which are making a comeback, Martinez said.

"We believe that furniture is expression. It's like art," Martinez said. "People have fun with it. We have customers who are artistic, and want something unique."

THE ASSOCIATED PRESS

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metro SPORT



Manny Pacquiao says he will come out of retirement to fight WBO welterweight champion Jessie Vargas on Nov. 5

RIO in brief

Mother Nature proving to be a formidable foe

Mother Nature was Canada's toughest opponent Wednesday at the Rio Summer Games.

Blustery weather again plagued the rowing regatta, forcing a postponement of the entire day of racing. It marked the second time this week that officials had to call off competition because of high winds and choppy water. THE CANADIAN PRESS

It isn't easy being green

The third day of the men's water polo tournament began in green-tinged water.

A decrease in the alkaline level has led to the colour change, but a spokesman said Wednesday "we expect the colour to be back to blue very shortly."

A U.S. pool expert said that might not be so easy: "Once you get behind, it gets hard to get back in front of it," said Jerry Wallace, chairman of the California Pool & Spa Association, a trade group. THE ASSOCIATED PRESS

Not-so smooth sailing for Nova Scotian brothers

Brothers Graeme and Jacob Saunders, from Chester, N.S., were 26th and 20th in Wednesday's races in the men's sailing 470 class.

They tied for 24th overall with a score of 46. METRO

DeLaet faces yips head on



Whatever Graham felt he needed to say, it's obviously helped him already. He's gonna be better for it.
Teammate David Hearn

Graham DeLaet, of Weyburn, Sask., goes over some last-minute preparations in Rio de Janeiro, Brazil, Wednesday. CHRIS CARLSON/THE ASSOCIATED PRESS

RIO2016

'Incredible anxiety while chipping' has plagued Canuck

The golf course that will begin playing host to the first Olympic tournament in 112 years on Thursday is a zoological marvel. On a short walk around a few holes this week, you could have seen a Boss Hogg-sized capybara munching on the foliage, a flock of vultures circling overhead, several owls burrowing in the bunkers and a small crocodile sunning itself in a pond.

Unique hazards, indeed. But it's possible none of those beasts are as frightening to a golfer as the variety of wild demons that recently invaded the head space of Canadian Olympian Graham DeLaet.

REPRESENTING CANADA
Brooke Henderson, the No. 2 ranked player in the world, and Alena Sharp will compete in the women's event.

It was about two months ago that DeLaet sent out a Twitter message to explain his withdrawal from the PGA Tour's Memorial tournament, telling the world he was "dealing with incredible anxiety while chipping/pitching right now." Such mental bugaboos are hardly uncommon even among the world's best players. Just this year, four-time major winner Ernie Els six-putted from six feet on the first hole of the Masters. He blamed creatures that also inhabit the environs here in Rio.

"It's hard to putt when you've got snakes in your head," Els said.

Still, DeLaet's public acknowledgement of his problem amounted to a rare moment of honesty and vulnerability in the hush-hush world of pro sports. Ray Whitney, the retired NHL player who will be caddying for DeLaet at these Olympics, said it was an admission to be admired.

"That tweet showed he had a lot of balls," Whitney said. "He could have easily said that he tweaked his back or he had a wrist injury. Instead he stared it in the face and said, 'Hey everybody, I've got a little problem I need to fix.' And he's been working hard to fix it."

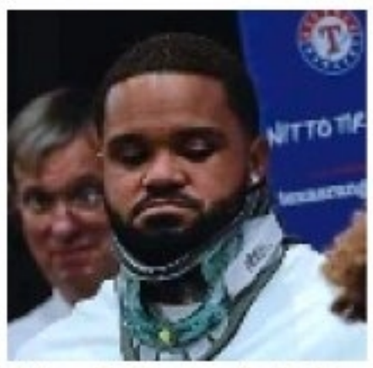
This week DeLaet said his issue is "actually getting much better."

Derek Ingram, Canada's men's golf coach, said DeLaet has spoken freely about his short-game shortcomings, acknowledging a flaw in his technique being addressed in practice sessions with his short-game coach, Gabriel Hjertstedt.

"He's also been using some techniques with his breathing to help him relax, so that when that situation arises he'll be able to manage the anxiety," Ingram said. "He wouldn't say he's out of the water yet. But certainly he's got some tools to work with, and he's feeling way more confident than he was." TORSTAR NEWS SERVICE

MLB

Fragile neck forces Fielder to end career



Prince Fielder was limited to 289 games with Texas.
RONALD MARTINEZ/GETTY IMAGES

Prince Fielder will not be able to come back after a second neck surgery.

The Texas Rangers slugger wept Wednesday as he said he was forced to end his 12-season major-league career. He was still wearing a neck brace 12 days after his second cervical fusion in just over two years.

Fielder didn't formally retire, however, meaning the Rangers would have to keep him on their 40-man roster through 2020. THE ASSOCIATED PRESS

IN BRIEF

Jays' Bautista returns to DL

The Toronto Blue Jays placed right-fielder Jose Bautista on the 15-day disabled list Wednesday with a left knee sprain.

Outfielder Junior Lake had his contract selected from triple-A Buffalo to take Bautista's spot on Toronto's roster.

The 35-year-old Bautista is hitting .222 this season with 15 home runs and 48 runs batted in over 80 games. He recently missed six weeks with turf toe. THE CANADIAN PRESS

Sanchez to start for Broncos in pre-season opener

Mark Sanchez will be the starting quarterback for the Broncos' pre-season opener in Chicago on Thursday night.

Coach Gary Kubiak on Wednesday gave Sanchez the start over Trevor Siemian, who is listed as the co-No. 1 quarterback on the team's depth chart. Denver plans to have Sanchez play the first quarter and Siemian play the second. Rookie Paxton Lynch is slotted to play the second half. THE ASSOCIATED PRESS

OBITUARY

Canadian sports journalist dead at 61

Canadian-born ESPN sportscaster John Saunders, who has hosted The Sports Reporters for the last 15 years, has died, the network announced Wednesday. He was 61.

Saunders joined ESPN in 1986. He did play-by-play on various sports, hosted NHL Stanley Cup final and World Series coverage as well as studio shows for baseball, American college football and basketball.



John Saunders
GETTY IMAGES FILE

The Toronto native, who grew up in Montreal, did play-by-play for the Toronto Raptors from 1995 to 2001 and worked as a sports anchor at several Canadian outlets.

No cause of death was given by the network. THE ASSOCIATED PRESS

RECIPE Nicoise Pasta



PHOTO: MAYA VISNYEI



Ceri Marsh & Laura Keogh
For Metro Canada

We took our favorite salad and married it with our kids' carb of choice.

Ready in 25 minutes
Prep time: 5 minutes
Serves 4

Ingredients
- 500 grams spaghetti
- 3 Tbsps olive oil
- 3 cloves garlic, crushed
- 1/2 cup black olives, pitted and roughly chopped
- 1 pint cherry tomatoes, roughly chopped
- 1/4 cup capers
- 2 x 5 oz tin of tuna, drained
- 3 or 4 leaves of fresh basil, torn into pieces
- 1/2 cup Parmesan, grated

Directions

1. Put a bit pot of well-salted water on to boil. Cook pasta according to package instructions. Just before you drain, remove 1 cup of cooking liquid and set aside.

2. In another large pot, warm up olive oil over medium heat. Toss in garlic, tomatoes, olives and capers. Stir and let the garlic cook for a couple of minutes. Add the tuna and break it up a bit, not too much.

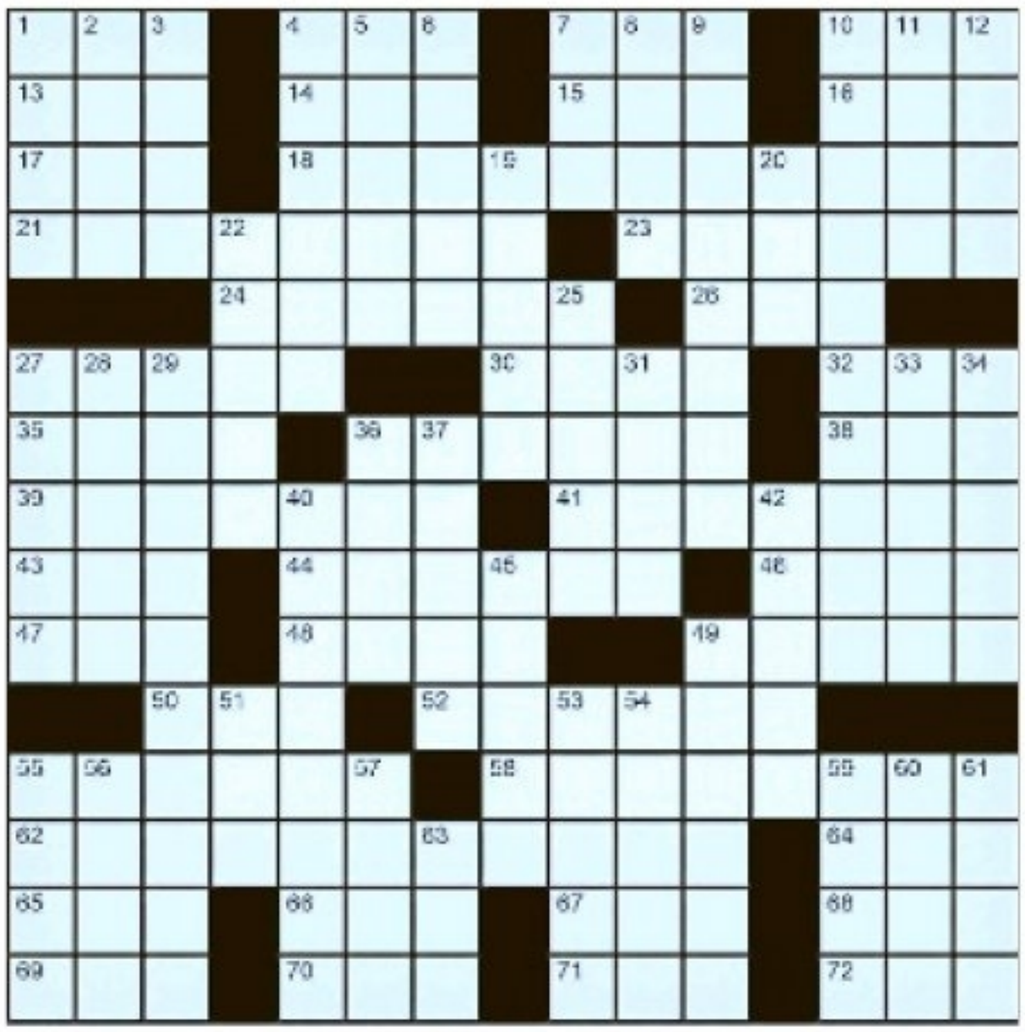
3. Add the cooked pasta and toss together until the pasta is well-coated and the rest of the ingredients are spread throughout. Pour in your cooking liquid bit by bit until the pasta loosens up.

4. Serve with a topping of grated Parmesan and fresh basil.

FOR MORE MEAL IDEAS, VISIT SWEETPOTATOCHRONICLES.COM

CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



ACROSS
1. RIO 2016: Get gold
4. Computer co.
7. House-coolers, briefly
10. "Awesome!"
13. 'Fluor' suffix
14. U.S. firearms org.
15. Plant
16. 'Depart' suffix
17. Modern: German
18. RIO 2016: Water event, Women's __ __ (K1) Slalom
21. RIO 2016: Speed it up!: 2 wds.
23. Hanson song
24. Montreal 'lemon'
26. Might
27. Fasten, in a way: 2 wds.
30. Quasi
32. Beatles adjective
35. Alphabetic sequence
36. Northwest Territories/Nunavut river
38. __ Red apples
39. RIO 2016: Canada, for one
41. RIO 2016: Greats of any Olympics
43. 17th letter's spelling
44. Articulates again
46. RIO 2016: MLI is its IOC code
47. Jr.s' dads
48. Get from ___ (Advance slightly)
49. Shenanigans
50. "That's waaay over-sharing!"
52. Plays, untrained puppy style: 2 wds.
55. RIO 2016: San __ (SMR is its IOC code)
58. RIO 2016: Artsy maneuvers discipline in #29-Down
62. RIO 2016: Reward for ancient Olympians: 2 wds.
64. Tea type
65. Music honour, e.g.
66. Irish actor Stephen
67. Actor, Daniel __ Kim
68. Him opposite
69. Hosiery hue
70. Compass dir.
71. Wee question follower
72. Hankering

DOWN
1. RIO 2016: Victory goddess Nike's one-of-two
2. 'Thought'-meaning prefix
3. Quebec 'nine'
4. Does cartooning work: 2 wds.
5. Hollywood's Benjamin
6. Singer/guitarist John
7. Get permission
8. 'Micro' ender
9. RIO 2016: Olympic sport
10. RIO 2016: 'Sevens' team sport event scheduled for the Men today, August 11th: 2 wds.
11. Mr. Guthrie
12. Meaningful
19. Came about
20. Q. "Is '__' _ way to abbreviate Santa Fe's state?" A. "Yes."
22. Squash variety
25. Ms. Furtado
27. Tick __ (Clock noises)
28. Q. "Shall __ you a glass?" ...asked the sommelier
29. RIO 2016: Olympic sport which is a 'mane' event
31. Classic comedian Mr. Howard's
33. Befuddle
34. Foundation
36. Old shipping weight allowance
37. Green tea variety
40. RIO 2016: Athlete aiders
42. Gives off
45. RIO 2016: Respect the rules
49. Does dishes
51. 1004 in ancient Rome
53. Milan-based fashion house
54. ___ example
55. Castle's surrounder
56. __ mater
57. Is beholden
59. RIO 2016: Like a sore-muscles athlete
60. Clarified butter
61. Garner
63. "Norma __" (1979)

IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

Aries March 21 - April 20
Steer clear of propagandist discussions regarding religion, politics and racial issues. This is a poor day for important ideas; someone might trick you or even deceive you.

Taurus April 21 - May 21
Postpone important decisions about inheritances, shared property, wills, taxes and debt. Today is a poor day to discuss these matters or to act on them.

Gemini May 22 - June 21
Discussions with others might depress or confuse you. This is not your fault. This is par for the course today. Just coast and agree to nothing important.

Cancer June 22 - July 23
Don't let someone in authority shoot you down today or discourage you. You don't have all the facts; in fact, you might be seriously misled! Use caution.

Leo July 24 - Aug. 23
For some reason, children might be an increased responsibility today. In addition, romance is depressing and confusing. Just for today. Oy!

Virgo Aug. 24 - Sept. 23
Domestic discussions might discourage you because an older family member is critical. This is a temporary setback. Don't let it get you down.

Libra Sept. 24 - Oct. 23
Do not give in to negative thinking today. In part, you are confused about something. Someone might have misrepresented the truth to you.

Scorpio Oct. 24 - Nov. 22
This is a poor day for important financial decisions because you could make a mistake. You don't have the confidence and the right frame of mind to do your best. Forewarned is forearmed.

Sagittarius Nov. 23 - Dec. 21
Conversations with others are difficult today, because they are confusing, discouraging or both! Knowing this ahead of time, take a step backward. Just coast.

Capricorn Dec. 22 - Jan. 20
Something going on behind the scenes might discourage you. You might be deceived as well! Trust no one today.

Aquarius Jan. 21 - Feb. 19
Someone older might rain on your parade today. Reserve judgment about anything important until tomorrow, because you are not in the right frame of mind today.

Pisces
Feb. 20 - March 20
Don't ask for permission or approval from bosses, parents and VIPs today because these conversations will not go well. If you want anything, the response will likely be, "Talk to the hand."

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

	9		6		4	3		
	7				2		6	9
4								
3	8							6
				1				
9							3	2
								3
6	5		1				4	
		8	5		3		1	

Difficulty Level ★★★★★

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